

**Jeff Walker**  
Special Projects Coordinator  
Cambridge Public Health Department  
Community Health Programs  
119 Windsor Street  
Cambridge, MA 02139  
Ph. 617-665-3834; Fax: 617-665-3888  
JWalker@challiance.org

## **Human Powered Transportation - Steps toward Healthy Weight and Healthy Environment**

### Abstract:

The Cambridge Public Health Department is engaged in developing environment-activity interventions that are effective in reducing childhood obesity through the encouragement of active living styles. One such activity, "Cambridge Walks," is a citywide collaboration intending to encourage walking (or being physically active to the best of your ability) as a means of transportation that supports healthy weight and a healthy environment. One of Cambridge Walks initiatives is Golden Shoes, this event is a month long search to find 100 Golden Shoes hidden around the city in places where people walk (all are wheel chair accesible). This event is marketed to youth and their families in public and private schools and is enhanced by incorporating the city's Public Art Program, walking field trips, and ongoing educational events that teach families about the importance of walking for health weight and environmental concerns. The School Mapping project, another Cambridge Walks initiative, encourages school children and families to create maps of the areas around their school and home neighborhood, highlighting safe routes for walking with an understanding of the physical and environmental benefits of walking to school, or walking whenever possible. Both initiatives offer prizes and incentives exciting to children and have resulted in children being the catalyst to changing their own behaviors and the families behaviors around choosing walking as a mode or transportation.